

California

Summer Excursions

You may visit the **GRAND CANYON of ARIZONA** on your way—the World's Scenic Wonder.

Reduced round-trip tickets on sale to and including September 30, final return limit October 1, 1921. Rates the same as last year after August 26.

Santa Fe Service as Usual

Now is the time to plan your vacation—let me help you. Write for "Off the Beaten Path," "Grand Canyon Outings," "California Picture Book."

Fred Harvey Meals All the Way

For information as to rates, routes, reservations, etc., call on R. F. BAYLESS, Agent, or write

T. B. GALLAHER,
General Passenger Agent, Amarillo, Texas

Keeping Cows Plain Duty of Every Farmer

In this day of diversified farming and better living conditions on the farms, a farmer whether farm owner or tenant, is not doing his full duty toward his family, his community and the nation, if he fails to keep enough dairy cows to supply all the milk, butter and cottage cheese his family can consume.

Do you know that where milk and its products are used extensively, there is little need or desire for meat? That dairy products are the most healthful foods that can be used and at the same time, the most economical.

The dairy cow will produce more pounds of digestible human food per hundred pounds of feed consumed, than any other animal on the farm.

Milk Necessary.

Babies must have milk to live; older children must have milk or they do not develop normally. Children that do not have milk in their diet, are in most cases, under weight and the adult will have better health if a liberal amount of milk is consumed, than if not.

Milk Appetizing.

An otherwise very meager and tasteless meal can be completely rounded out and made both appetizing and satisfying by the use of the dairy products.

Milk and butter should form a part of every meal. Other fats cannot take the place of butter.

There are over a hundred receipts for combining milk and its products with other foods, to make them more palatable and nourishing.

For health, economy and appetizing meals, every farm should have sufficient cows to supply dairy products without stint for all members of the family.

Dairy Products for Market.
After the needs of the home are supplied, it is always found profitable to have butter or cream for market. This gives a weekly cash income to take care of the current expenses.

When butter is made or cream is sold, the by-products (skim milk) becomes available for use in the feeding of such livestock as pigs, chickens.

RELIABLE SOURCE

Mr. John Wanamaker, the Merchant Prince gives five reasons for carrying \$2,500,000 Life Insurance.

1st. Fear of becoming uninsurable.

2nd. It is the BEST form of investment.

3rd It is a Savings Account.

4th Enables a man to give liberally but leave such an Estate as he wishes.

5th The easiest and quickest Estate to wind up and convert into CASH.

The Big 3 Agency

Room 3 Conley Building.

Lubbock, Texas.

Co-operation—

We are believers in and practice co-operation. We believe the success of this bank is the result of the co-operation given to us by our friends and customers.

The officers of this bank are men of business experiences. We want you to feel free to consult them about your business problems—that is the kind of co-operation we believe in and practice.

SECURITY STATE BANK AND TRUST CO.

"Wants to help those who try"



NOW is the time to buy an electric or oil stove, ice cream freezer or lawn mower. There will be several more months of hot weather this year.

Why not buy them now and have the use of them while they are so much needed.

Come in and look our stock over.

COLE-MYRICK HARDWARE and IMP. CO.

North Side Square.

Lubbock, Texas

ens. When these are both found along with the cow, the farm operations will be found to be nicely balanced and many of these people have money in the bank.

BACK BAD TODAY?

Backache is usually kidney ache and makes you dull, nervous and tired. Use Doan's Kidney Pills for weak kidneys—the remedy recommended by your friends and neighbors. Ask your neighbor.

L. J. Akers, farmer, Plainview, Texas, says: "Some years ago my back was all out of whack and caused me a lot of trouble. My back was weak, sore and lame and ached most all the time. When I stooped over sharp pains would catch me in the small of my back so I could hardly straighten up. In fact, my back bothered me all the time and mornings when I first got up it was so sore and lame I could hardly get around. My kidneys were weak and irregular in action and bothered me a great deal. A neighbor advised me to try Doan's Kidney Pills. I used one box of this medicine and they relieved the pain in my back and fixed my kidneys up in good shape. I use Doan's Kidney Pills occasionally to keep my kidneys in good condition."

80c. at all dealers. Foster-Milburn Co., Mfrs., Buffalo, N. Y.

A MAN WHO LIVED IN CROSBY FORTY YEARS AGO

Mr. W. R. Davis received a letter the other day from his friend C. L. Ammon, now living in New York City, in which he acknowledges to being a product of Crosby county, and doubtless he will be remembered by some of our very early settlers. Following is that portion of his letter referring to his days in Crosby county:

"I have been away from Texas so long that I didn't know where Crosbyton was located but I have looked it up on the map and find that it is in Crosby county, a county once very familiar to me since I knew more about it many years ago than has been the case more recently. I see your town is the county seat. In my own days, when I was a small boy, so many years ago that I hate to think about it, Estacado was the county seat and incidentally, Crosby county has "shrunk" in area considerably since those days, as the county at that time was as big as almost any of the Eastern states. My father was in the cattle business out there, Estacado was our postoffice, and my cousin, who was the ranch foreman, was also sheriff and tax collector.

When I reflect that I haven't been in the county for nearly forty years I can imagine that great changes have taken place. The entire county, as big as it was, didn't have much of a population in those days, and it was pretty wild."—Crosbyton Review.

HALF BILLION DUE RAILROADS, SAYS MELLON

Washington, July 7.—The United States will have to pay approximately \$500,000,000 to the American railroads in addition to the moneys already paid as the result of Government control during the war, Secretary of the Treasury Mellon said today.

The secretary said he might find it necessary to ask congress for an additional appropriation of \$300,000,000 to meet the claims of the railroads.

The money which is yet to be paid to the railroads is chiefly for claims of various sorts and is in addition to the guaranty money and reimbursements which have already been appropriated for.

W. M. Parks, formerly with the Waples-Platter Grocery Company of this city, now traveling salesman, with headquarters in Brownwood, was in Lubbock the first of this week.

D. T. Martin and family, left Tuesday for Lebanon, Tennessee, where they will spend about a month visiting with relatives and old acquaintances. Mr. Martin stated to an Avalanche representative that he and his wife were born and raised in Tennessee, but had been away from there for about twenty years.

E. E. Caldwell, of Memphis, Tennessee, was here the latter part of last week looking for a dairy location. Mr. Caldwell states that he has been on a trade for a farm here for the past six months, and thinks he will close the deal this trip.

To Cure a Cold in One Day
Take LAXATIVE BROMO QUININE (Tablets). It stops the cough and headache and works off the cold. E. W. CROW'S signature on each box. 25c.

Here to Stay
BRIGGS & YOUNG
Always On the Job

GETTING DOWN TO CASES

Of course we can write you insurance in this country's best companies. Of course you know that insurance is vitally necessary.

But of this agency cannot only do that, but it can give you service and advice that applies to your insurance needs. That's getting down to cases.

THAT'S WORKING FOR YOU. IF YOU HAVE AN INSURANCE PROBLEM BRING IT TO US.

MOST ANYONE CAN WRITE A POLICY. IT'S PROTECTION YOU WANT